

REFINE ONLINE

MON	TUE	WED	THU	FRI	SAT	SUN
<u>HIIT #1</u>	<u>Strength #1</u>	<u>Pevlic Core</u>		<u>Strength #1</u>	<u>Tabata #1</u>	Go for a walk
<u>Tabata #2</u>	<u>Strength #2</u>	<u>Choreography</u>		<u>Strength #2</u>	<u>HIIT #2</u>	Go for a walk
<u>HIIT #1</u>	<u>Strength #1</u>	<u>Pevlic Core</u>		<u>Strength #1</u>	<u>Tabata #1</u>	Go for a walk
<u>Tabata #2</u>	<u>Strength #2</u>	<u>Choreography</u>		<u>Strength #2</u>	<u>HIIT #2</u>	Go for a walk
<u>HIIT #1</u>	<u>Strength #1</u>	<u>Pevlic Core</u>		<u>Strength #1</u>	<u>Tabata #1</u>	Go for a walk
<u>Tabata #2</u>	<u>Strength #2</u>	<u>Choreography</u>		<u>Strength #2</u>	<u>HIIT #2</u>	Go for a walk